

RUOK?TM

A conversation could change a life.

Total health

CATERPILLAR[®]

Be ready. Be prepared. Choose your moment.

1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in



For 24/7 EAP support, call:
1-866-CAT(228)-0565

Find global access numbers at:
CaterpillarEAP.com